

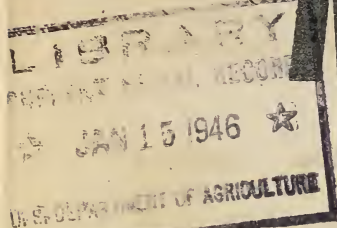
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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

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WAR FOOD ADMINISTRATION

Midwest edition, distributed in the
states of Illinois, Indiana, Iowa,
Michigan, Minnesota, Missouri, Ne-
braska, North Dakota, Ohio, South
Dakota, and Wisconsin.

U. S. DEPARTMENT OF AGRICULTURE
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(It is hoped that the industrial house organ editor will find this material,
in whole or in part, of interest to his readers. Please feel free to copy,
or adapt,--ed.)

FOOD NEWS

To protect our health we must eat the right foods daily. One of the best ways
to improve our diets is to eat more fruits and vegetables, and to drink more
milk. Industrial workers, who set a high value on health and the full, active
life which good health brings, know their A-B-C's in food values.

Foods of the Month

During October, cabbage, potatoes,
and sweetpotatoes are plentiful
throughout the nation. All are
among the Basic 7 foods so essen-
tial to good health, so eat them
when they appear on the plant menu.

Cabbage for Vitamin C

If there's anything more delicious
than properly cooked, garden-fresh
cabbage served piping hot, it's
cold, crisp, vitamin-rich cabbage
shredded in salads or slaw. Cab-
bage is rich in vitamin C, so ne-
cessary to maintain healthy body
tissues and to regulate muscle
tone. Vitamin C is likely to be
lacking in the industrial worker's
diet, so choose cabbage often at
the plant cafeteria.

Plentiful
Foods

in



Groups

2 and 3 of the

BASIC 7 CHART

Potato are Plentiful

The 1945 bumper crop of potatoes--both Irish and sweet--is now rolling to market. There is not as much vitamin C in a serving of either Irish or sweet-potatoes as there is in an orange, but they can, when eaten in generous amounts provide as much as a third of the daily requirement of vitamin C. Both kinds of potatoes are a fair source of iron which is needed to build red blood cells. Moreover, sweet potatoes provide a very rich source of vitamin A, needed to maintain normal vision at night, for normal growth, and for normal resistance to infection of the respiratory tract.

Coming -- more Poultry

It's good news that poultry is more plentiful now for civilians. Chicken pies and other favorite chicken dishes will soon be appearing on the plant cafeteria menu. What's more, there's chicken again for Sunday dinner at home. Stuff it and roast it brown, or fricassee it and serve it with noodles or rice. For good recipes and for the best methods of preparing and carving poultry, write to the Office of Information, U.S. Department of Agriculture, Washington 25, D. C., for Poultry Cooking, Farmers' Bulletin No. 1888.

Drink milk -- and more milk

Milk is an important food because it is a relatively economical source of protein and is rich in two essential nutrients--calcium and vitamin B₂ (riboflavin). Milk also contains protein, phosphorus, and vitamins A and B₁. Industrial workers should drink at least one pint a day.

Vitamin B₂ (riboflavin) not only affects the growth of young persons, but it is necessary to the health and well-being at all ages. Milk in all forms--sweet milk, buttermilk, cheese--is one of the most valuable sources of this vitamin.



Health Hints

Do you get that let-down feeling before your shift is over? Do you feel tired and irritable before the day ends? Try drinking milk during your rest period.

Studies show that between-meal snacks noticeably lessen irritability and fatigue, and increase cheerfulness. A between-meal glass of milk is an important contribution to the daily diet of the industrial worker. It is just that much more food for health. Good foods to accompany milk are whole-wheat or graham crackers, peanut butter and oatmeal cookies, and sandwiches. Fresh fruits and citrus fruit juices and tomato juice are also nutritious between-meal snacks. The industrial worker who sets a high value on good health will make sure that his between-meal "snack" adds needed nourishment to his daily diet.

Take home ideas

Speaking of milk, if you have bottles delivered at home, you should take necessary precautions to keep the milk out of the light, if it cannot be taken indoors promptly. Scientific experiments have shown that light destroys the vitamin B₂ (riboflavin) in milk. Provide a closed box for your milkman to set the bottles in, if your milk cannot be taken indoors when delivered.

And speaking of cabbage, now is the time to make sauerkraut! It's best when made with the tender, garden-fresh, vitamin-rich cabbage now on the market.

About potatoes--if you have a cool, well-ventilated storage space, you might want to buy a 100-pound sack of potatoes.

Remember that they're more nutritious when cooked in their jackets. Skins seal in the nutrients. What's more that part right next to the skin is richer in minerals and vitamins. It's often wasted through peeling. Be sure to wash potatoes well before cooking them in their jackets because some in the family will like to eat skin and all.

IN-PLANT FEEDING HERE AND THERE

THE UNION PACIFIC RAILROAD provides a "rolling restaurant" for the construction crews who maintain the railroad's track and roadbed. A car fitted with a dining room, kitchen, and storage space for food is provided crews that are constantly on the move. Wholesome food is provided at regular mealtime intervals, even though the crews may be working many miles from a city or town. There are a thousand of these cars in operation today.

EMPLOYEES AT Northern Pump Company, Minneapolis, enjoyed sweetcorn, along with other fresh vegetables from the company's farm, on the plant cafeteria menus this season. This year's crop was abundant, and of excellent quality. As an extra, the company loaded a truck with freshly picked sweetcorn, stationed it at the plant exit and gave each passing employee an extra dozen ears of sweetcorn as a gift from the company gardens.

THE VICTOR ADDING MACHINE COMPANY'S cafeteria features a balanced special. Fresh green or yellow vegetables, cooked to retain a maximum of their vitamins and flavor always find a place on this luncheon special.

This nutritious luncheon was introduced to the employees the day the cafeteria opened. At first, many patrons preferred to continue their old habit of selecting "meat, potatoes and pie." Attractive merchandising, plus the nominal cost of 40¢ for the complete meal, changed this habit. The luncheon gained steadily in popularity. This carefully "balanced" lunch which includes choice of dessert or soup and is complete with beverage, "packs a punch" for all employees who make it their mid-day meal. Victor Adding Machine employees recognize the good "value" in (eating) balanced lunches, which yields them a "value" return in improved health.



SUGGESTED POSTERS AND PAMPHLETS

"A Day's Pattern for Good Eating" is the title of the new USDA poster, presenting the "Basic 7" in a colorful way. Breakfast, lunch, and dinner selections are pictured brightly in color. These posters are available free upon request for use on the cafeteria or plant bulletin boards.

Industrial employees should be encouraged to: start today to eat a better breakfast. Write for USDA's pamphlet "Eat A Better Breakfast," and distribute it to all plant personnel. It explains the reason why.

Either or both of the above may be obtained by writing the Industrial Feeding Section of the office indicated on the title page of this bulletin.

U.S.D.A. INDUSTRIAL FEEDING OBJECTIVES

1. Improvement of food service available to workers in manufacturing plants where industrial feeding is practicable.
2. Provision in industrial cafeterias of the types of food needed to build and maintain the health, and consequent efficiency of industrial workers.
3. Provide assistance and advice that will reduce food waste and assure both management and workers of the best possible use of available foods.

To achieve the beneficial results this program offers to both management and labor, the U.S.D.A. maintains a staff of

INDUSTRIAL FEEDING SPECIALISTS

These specialists stand ready to help industrial plant managers and their food operators free on request. Their services, advice and recommendations are available to:

Devise methods for improving the operating efficiency of food service installations.

Advise on suitable types of food service installations.

Organize nutrition education programs that will help plant employees more efficiently select their foods for nutritional balance that will fit their physical requirements.

Plan menus and improve food preparation methods.

Advise on expansion of existing feeding facilities where needed to meet expanded personnel feeding requirements.

Free U. S. D. A. educational material available to management through these specialists includes:

Large posters that graphically illustrate the BASIC SEVEN in human food requirements.

Table tents that tell the story of good nutrition in a pleasant, "quickly read" form.

Sound movies and slide films on industrial feeding subjects suitable for showing at employee group meetings.

Check off the items that interest you, and return this form, or write to

U. S. DEPARTMENT OF AGRICULTURE

Production & Marketing Administration, Industrial Feeding Section
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